

Report Documentation Page			<i>Form Approved OMB No. 0704-0188</i>		
<p>Public reporting burden for the collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to a penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.</p>					
1. REPORT DATE 26 SEP 2014	2. REPORT TYPE Final	3. DATES COVERED			
4. TITLE AND SUBTITLE Ear acupuncture for acute sore throat. A randomized controlled trial			5a. CONTRACT NUMBER		
			5b. GRANT NUMBER		
			5c. PROGRAM ELEMENT NUMBER		
6. AUTHOR(S)			5d. PROJECT NUMBER		
			5e. TASK NUMBER		
			5f. WORK UNIT NUMBER		
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) MIKE O'CALLAGHAN FEDERAL MEDICAL CENTER CLINICAL INVESTIGATION PROGRAM, BLDG 1300, ROOM 1876 4700 LAS VEGAS BLVD NORTH NELLIS AFB, NV 89191			8. PERFORMING ORGANIZATION REPORT NUMBER FWH#2011008H		
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)			10. SPONSOR/MONITOR'S ACRONYM(S)		
			11. SPONSOR/MONITOR'S REPORT NUMBER(S)		
12. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release, distribution unlimited.					
13. SUPPLEMENTARY NOTES The original document contains color images.					
14. ABSTRACT					
15. SUBJECT TERMS					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT UU	18. NUMBER OF PAGES 1	19a. NAME OF RESPONSIBLE PERSON
a. REPORT unclassified	b. ABSTRACT unclassified	c. THIS PAGE unclassified			



Ear Acupuncture for Acute Sore Throat: A Randomized Controlled Trial

David Moss, MD; Paul Crawford, MD; Heather Pickett, DO; Eric Abbott, DO
Nellis Family Medicine Residency Program, Las Vegas, NV

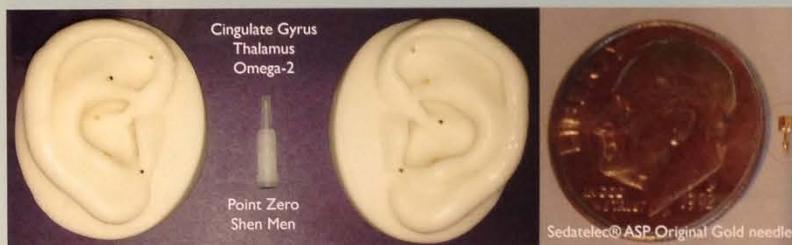


INTRODUCTION

- Acute sore throat causes pain and missed work
- Auricular Acupuncture is a low risk option for acute pain control
- Battlefield acupuncture (BFA) is a specific auricular acupuncture technique
- BFA is easily learned by non-acupuncturists
- Does adding BFA to standard treatment reduce pain, medication usage and hours of missed work in pts with acute sore throat?

METHODS

- Unblinded randomized controlled trial
- Men and women >18yrs old with acute sore throat and pain score of $\geq 5/10$ (0-10 scale)
- Group 1:** Standard Treatment (NSAID +/- antibiotics)
- Group 2:** Standard Treatment + BFA
- Outcome measures:** Pain scores, missed hours of work, NSAID usage
 - All data gathered up to 48 hrs post encounter
- Statistical analysis:** Independent t-test



Acknowledgments: Special thanks to Tracy Bogdanovich, Jill Clark, Jennie Moss and Aaron Barnett

RESULTS

Pain Scores (0-10)	Standard Treatment	BFA + Standard Treatment	p-value
0 min	5.83	6.42	0.134
15min	5.67	3.00	0.003
6hrs	4.17	2.92	0.190
24hrs	3.92	1.75	0.005
48hrs	2.67	0.67	0.001
NSAID doses (up to 48hrs)	4.00 doses	2.25 doses	0.115
Missed work hours (up to 48hrs)	6.75 hrs	0.83 hrs	0.010

- N=24
- Significant reduction in pain scores and missed hours of work up to 48hrs post procedure
- No significant reduction in pain medication usage
- 4 patients total received antibiotics- 2 in group 1 and 2 in group 2

DISCUSSION

- Strengths:** Prospective RCT
- Weaknesses:** Small sample size, no sham acupuncture performed, patients not blinded to treatment
- This study represents an **effectiveness** trial rather efficacy trial
- Conclusion:** When added to standard therapy, BFA reduces pain scores and hours of missed work. Small amounts of medication used in both groups- would need large sample size to detect a difference
- Future Research:** Add sham group (to control for placebo effect), test in other acute pain syndromes in outpatient setting, i.e. migraines, musculoskeletal injuries, perimenstrual pain